

Physical Health

Exercising to music with
Lister's super fit mum!



The children talked about the changes in their body before and after exercise.

The children enjoy reciting a poem about what happens to the body when at rest and after exercise!



*Mr Beat is a body part
He has a lot of rhythm and
they call him **heart**
He lives in a cage inside our
chest
Beats fast when we exercise
Slower when we rest.*



Lister's sport coach led an energetic games session.

'We love exercise, it's so much fun!' said 1K